



## Hearty Bean and Vegetable Soup

*This healthy meal is sure to please your entire family.*

**Makes 8 servings. 2 cups per serving.**

**Prep time:** 20 minutes (excludes soaking beans)

**Cook time:** 3 hours

**Nutrition information per serving**

Calories 297, Carbohydrate 49 g, Protein 22 g,  
Total Fat 3 g, Saturated Fat 1 g, Cholesterol 13 mg,  
Sodium 334 mg, Dietary Fiber 14 g

### Ingredients

- ½ cup each dried pink beans, dried lentils, dried black beans, yellow split peas, dried kidney beans, and dried black-eyed peas
- 8 cups water
- 1 smoked ham hock (about ½ pound)
- 1 teaspoon each dried basil, dried rosemary, dried marjoram, and crushed red chilies
- ½ teaspoon each salt and ground black pepper
- 1 bay leaf
- 1 cup chopped onion
- ½ cup chopped carrots
- ½ cup chopped celery
- 2 (14½-ounce) cans no salt added diced tomatoes, undrained
- 1 (8-ounce) can tomato sauce



### Preparation

1. Rinse dried pink beans, lentils, black beans, yellow split peas, kidney beans, and black-eyed peas under cold running water. Place beans, lentils, and peas in a large bowl, then cover with water to 2 inches above the mixture. Cover and let stand 8 hours, then drain.
2. Combine drained bean, lentil and pea mixture, water, and ham hock in a large pot; bring to a boil. Add spices, onion, carrots, celery, tomatoes, and tomato sauce. Cover, reduce heat, and simmer 2 hours. Uncover and cook 1 hour.
3. Discard bay leaf. Remove ham hock from soup. Remove meat from bone; shred meat with 2 forks. Return meat to soup.

